

# LET'S MOVE

## DC

AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS

# DC Children and Families Health EXPO

## Saturday, October 19, 2013

Deanwood Recreation Center  
1350 49th St NE

## 10:00 a.m. – 2:00 p.m.



The District of Columbia Office of the State Superintendent of Education (OSSE) and the DC Head Start State Collaboration Office (DC-HSSCO), in partnership with Fit Kids-DC, are collaborating to celebrate First Lady Michelle

Obama's *Let's Move!* initiative by hosting the first annual *Let's Move!* DC - Children and Families Health Expo.

*Let's Move!* is leading a nationwide effort to combat childhood obesity and encourage healthy lifestyle choices by empowering families to put their children on the path to a healthy future during their earliest months and years. The initiative aims to inspire children to eat healthy foods and have at least 60 minutes of physical activity per day, whether before, during, or after school. In addition, the DC public school system has become the first U.S. district to fully commit to the *Let's Move!* Active Schools program. All 111 DC public schools have agreed to participate in the program.

The five pillars of the First Lady's *Let's Move!* initiative are:

1. Creating a healthy start for children
2. Empowering parents and caregivers
3. Providing healthy food in schools
4. Improving access to healthy
5. Affordable foods, Increasing physical activity

### SPECIAL INVITED GUESTS



DC Mayor Vincent C. Gray,  
DC Council Members

Celebrity Chef Lauren Von Der Pool  
"The Queen of Green"

### MAJOR ORGANIZATIONS & EXHIBITORS



Official EXPO  
Water Beverage



### COME JOIN THE PARTY!

- DC celebrates its "Champions for Children" Awardees
- Music and Entertainment
- Prizes and Giveaways!
- Local farmer markets showcase DC's rich variety of food
- Health and fitness exhibits/activity station
- Free sports classes for the kids!
- Children and parents can play in the Fit Kids-DC obstacle courses, fun zone, face painting, Zumba dancing, and much more!

Special appearance by DC's own Celebrity Chef Lauren Von Der Pool "The Queen of Green" as she give a demonstration of how to prepare exotic healthy cuisine. Her celebrity clients include world class tennis champs Venus and Serena Williams, Hip Hop rapper/actor/author Common, The Oscars, Grammys, and American Music Awards!



### FOR MORE INFORMATION

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## #LetsMoveDC